

Mint Chocolate Pudding



Recipe Makes: 4 servings

Prep Time: 15 minutes

Cook Time: 5 minutes

- 125 ml (1/2 cup) pitted dates
- 125 ml (1/2 cup) boiling hot water
- 500 ml (2 cups) milk
- 60 ml (1/4 cup) cocoa powder
- 45 ml (3 tbsp) cornstarch
- 0.5 ml (1/8 tsp) peppermint extract
- 0.5 ml (1/8 tsp) vanilla extract
- 8 fresh mint leaves

Nutrition Information Valeur nutritive

Per serving

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	149
Fat / Lipides	3 g
Saturated / saturés + Trans / trans	
Cholesterol / Cholestérol	
Sodium / Sodium	59 mg
Carbohydrates / Glucides	28 g
Fiber / Fibres 3.6 g	
Sugars / Sucres	
Protein Protéines	6 g
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	
Calcium / Calcium	15%
Iron / Fer	

INSTRUCTIONS

In a small bowl, stir together dates and boiling water. Let sit for 10 minutes. Pour into a food processor and blend until smooth.

In a large pot over medium-high heat, whisk together date paste, milk, cocoa powder, cornstarch, peppermint extract, and vanilla extract.

Whisk continuously until pudding is lightly simmering and thickened, around 5 minutes. Remove from heat once desired thickness has been reached. Enjoy hot or place in the refrigerator to enjoy cold later. Garnish with mint leaves.